

Wellness Program

(Administered by the Alabama Department of Public Health)

Members and dependents covered by the PEEHIP Hospital Medical Plan, HMO or Optional Plans can receive free health screenings by the Public Health Department nurses at different sites during the year. The health screening tests include blood pressure, glucose, and an HDL/LDL cholesterol screening as well as osteoporosis screenings for high risk members.

The PEEHIP Wellness Program also includes a smoking cessation toll-free Quitline (800-784-8669) which is available 24 hours a day providing live counseling from 8:00 a.m. until 8:00 p.m., Monday through Friday. The Wellness Program also includes a Weight Watchers benefit for high risk members who have a body mass index of 25 or more. The member's cost is \$85.00 for a 15 week-program with PEEHIP paying the remaining \$85.00. Members must attend at least 12 out of the 15 sessions to receive full reimbursement by PEEHIP.

You can calculate your body mass index on any of the following Web sites: www.nhlbisupport.com/bmi/, www.caloriecontrol.org/bmi.html, or www.consumer.gov/weight_loss/bmi.htm. Additional information can be obtained on the [Public Health Department Web site](#), or by calling 334-206-5300 or 800-252-1818 and asking for the Wellness Division.